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*To prevent and treat disease and disability; to promote healthy lifestyles; and to protect and promote the health and quality of our environment.*

## **News Release**

### **People with Diabetes Encouraged to Get a Flu Shot Despite Vaccine Delays**

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Recent reports about flu vaccine delays should not discourage millions of Americans from trying to get their annual flu shot, particularly if they have a chronic illness such as diabetes.

Despite reports of the vaccine delay, we are recommending that people at high risk request vaccinations as early as possible in the flu season, said Dr. Frank Vinicor, Director of Centers for Disease Control's Division of Diabetes Translation.

According to CDC, deaths among people with diabetes increase 5 to 15 percent during flu epidemics and people with diabetes are three times more likely to die with complications of the flu and pneumonia. Despite these alarming figures, only half of the people with diabetes receive an annual flu shot and two out of three have never been immunized against pneumococcal disease, the most frequent cause of pneumonia.

Diabetes is the seventh leading cause of death in the United States, and of the 16 million Americans with diabetes, about one third do not know they have the disease. Risk factors for diabetes include obesity, physical inactivity, high blood pressure, high cholesterol and heredity.

For more information on diabetes or the Diabetes Flu/Pneumococcal Campaign, call toll-free, 1-877-CDC-DIAB, or visit the CDC's Diabetes Public Health Resource on the internet at <http://www.cdc.gov/diabetes>.

For more information on influenza, visit our website at [www.cdhd.org](http://www.cdhd.org).

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